



Full Report (All Nutrients) 09340, Pears, asian, raw

Report Date: June 30, 2017 19:56 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:9% Refuse Description: Core and stem

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit 2-1/4" high x 2-1/2"	1 fruit 3-3/8" high x 3"
					dia 122g	diameter 275g
Vitamin C, total ascorbic acid	mg	3.8	--	--	4.6	10.4
Thiamin	mg	0.009	2	--	0.011	0.025
Riboflavin	mg	0.010	2	--	0.012	0.028
Niacin	mg	0.219	2	--	0.267	0.602
Pantothenic acid	mg	0.070	2	--	0.085	0.193
Vitamin B-6	mg	0.022	2	--	0.027	0.060
Folate, total	µg	8	2	--	10	22
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	2	--	10	22
Folate, DFE	µg	8	--	--	10	22
Choline, total	mg	5.1	--	--	6.2	14.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	2	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	50	--	--	61	138
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	0.15	0.33
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.5	--	--	5.5	12.4
Lipids						
Fatty acids, total saturated	g	0.012	--	--	0.015	0.033
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit 2-1/4" high x 2-1/2"	1 fruit 3-3/8" high x 3"
					dia 122g	diameter 275g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.010	1	--	0.012	0.028
18:0	g	0.002	1	--	0.002	0.006
Fatty acids, total monounsaturated	g	0.049	--	--	0.060	0.135
16:1 undifferentiated	g	0.001	1	--	0.001	0.003
18:1 undifferentiated	g	0.047	1	--	0.057	0.129
20:1	g	0.001	1	--	0.001	0.003
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.055	--	--	0.067	0.151
18:2 undifferentiated	g	0.054	1	--	0.066	0.148
18:3 undifferentiated	g	0.001	1	--	0.001	0.003
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.005	--	--	0.006	0.014
Threonine	g	0.013	--	--	0.016	0.036
Isoleucine	g	0.014	--	--	0.017	0.038
Leucine	g	0.025	--	--	0.031	0.069
Lysine	g	0.017	--	--	0.021	0.047
Methionine	g	0.006	--	--	0.007	0.017
Cystine	g	0.005	--	--	0.006	0.014
Phenylalanine	g	0.013	--	--	0.016	0.036
Tyrosine	g	0.004	--	--	0.005	0.011
Valine	g	0.018	--	--	0.022	0.049
Arginine	g	0.009	--	--	0.011	0.025
Histidine	g	0.005	--	--	0.006	0.014
Alanine	g	0.017	--	--	0.021	0.047
Aspartic acid	g	0.098	--	--	0.120	0.270

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit 2-1/4" high x 2-1/2" dia 122g	1 fruit 3-3/8" high x 3" diameter 275g
Glutamic acid	g	0.036	--	--	0.044	0.099
Glycine	g	0.014	--	--	0.017	0.038
Proline	g	0.016	--	--	0.020	0.044
Serine	g	0.018	--	--	0.022	0.049
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0